

RESILIENCY

Resiliency In The Moment: You Are Strong

“Focus on your strengths, not your weaknesses.”

- Gary Vaynerchuk

Lean into and rely on your inherent strengths.

1. Identify your top 3 strengths.
2. Consider how your strengths shine in your life.
3. Be intentional with one of your strengths today.

Sometimes we empower our perceived weaknesses by focusing a disproportionate amount of energy on them. Instead focus your energies on your strengths and you will increase your overall life satisfaction.



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